



18. Sondershäuser Kristall-Lauf  
Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Wolff, Katja

Club: Krumbach  
Number: 422

Course: 9.40 km  
10 km (680 m unter der Erdoberfläche)

Category:  
Frauen 30 bis 39 Jahre

Total time: 56:57

Speed: 9.90 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 264 (of 373)

Rank in course/Women: 47 (of 87)

Best time in course: 42:15

Rank in category: 11(of 19)

Best time in the category: 42:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	2.20	12:12	5:32	9	3:44	38	3:44	2.20	12:12	5:32	9	3:44	38	3:44
Rundenzeit	1.80	10:38	5:54	13	3:19	52	3:19	4.00	22:50	5:42	11	7:03	47	7:03
Rundenzeit	1.80	11:04	6:08	12	3:13	47	3:13	5.80	33:54	5:50	10	10:16	47	10:16
Rundenzeit	1.80	11:19	6:17	11	3:15	49	3:15	7.60	45:13	5:56	10	13:31	46	13:31
Finish	1.80	11:44	6:31	14	3:30	58	3:30	9.40	56:57	6:03	12	28:09	51	28:09